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IN GREAT SHAPE FOR 2014!
Paul Coulter of Paul Coulter Fitness with Frances Andrews and Karen McElroy who both shed three stone with Paul's help and are in great shape for 2014. SEE PAGE 11

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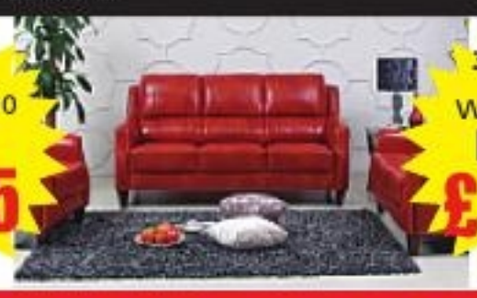

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The Real Secret to Losing Weight

The New Year's resolution to slim down and lose weight is a common one, particularly after the Christmas period of over indulgence.

The weight loss world is awash with quick fixes but the best advice is to talk to an expert about your needs and aspirations and ideally go for a tried and tested solution. Therapie Clinic is not only an expert in laser hair removal but the clinic has a selection of proven and effective weight loss treatments available.

The Celebrity Secret Weapon

One such treatment is the FDA-approved, body-contouring VelaShape II treatment, which will dramatically re-shape, slim down and tone the body. You may have seen the treatment on Keeping up with the Kardashians, as the gorgeous girls attribute their perfect bods to the treatment!

Results can be seen in as little as **15 days** *after treatment – this is not a quick fix, this works.*

A roller and suction device works by melting the body's fat using a unique combination of radio frequency and infra-red technology leading to the shrinking of fat cells and fat chambers.

The treatment physically manipulates the collagen fibres and connective tissue and increases metabolism to the treated area through increased blood circulation.

The result is a smoothing of the skin's surface and a noticeable reduction in cellulite as well as actual circumferential reduction.

It's painless and non-evasive with zero downtime and can be used on the thighs, bum, stomach and even the upper arms and is also ideal for post-pregnancy body reshaping.

Up to 40% Fat Reduction

The results are even more effective when combined with Therapie Clinic's fat-freezing Cooltec treatment , proven to eliminate fat by up to 40% after just one treatment. The treatment is non-invasive with no down time yet the results are just incredible, many clients dropping a dress size after just one treatment.

One client told us: "There's no pain, just a slight pinch as the targeted bulge is taken in between the two cooling paddles. Once the cooling starts the procedure is actually quite comfortable! I just lay back and read my book for an hour or so while the treatment got to work".

Results can be seen in as little as 15 days after treatment and the fat cell reduction continues for 3 months – this is not a quick fix, this works. Expect to lose inches from your desired area, whether waist, love handles, tum, derriere, thighs, abdomen or back. COOLTEC is particularly efficient at shaping and contouring the waist, giving a lean, toned, sexy curve to the body.

Why not arrange a free consultation, contact Therapie Clinic on 08000 121 565. www.therapieclinic.co.uk

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- Up to 40% Fat Reduction
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Kellys Golf Centre ...not just for golfers

First and foremost, I have to admit I am not a golfer, not by any stretch of the imagination. Nevertheless, I have been told I have the same physique as Tiger Woods, but unfortunately that is where the similarities end.

However, I really enjoy going to Kellys Golf Centre in Burren. I love the challenge of quite simply trying to hit the ball in the driving range - and I am not kidding when I say that I believe to this day I am the only person who, in more than one attempt at hitting the ball, has managed to end up with the golf ball behind me.

But the odd time I have managed to hit the ball out of the bay I take great pleasure in watching it sail off into the range. I keep threatening Dougie - the resident professional at Kellys Golf Centre - that I am going to take some lessons, but then again I think that might take some of the fun out of it for me.

I know from looking around me in the other bays at the driving range that I am not alone. Sure you get the seasoned "pro" hitting spectacular drives and not missing the ball once, but there is a growing number of people like me, who use these fantastic facilities to simply have a bit of fun.

The driving range is one thing, but the 9 hole par 3 course is a different animal completely. It takes me a long time to get around the course but it never ceases to amaze me how some young children in particular are so confident in their play, rarely going over par for any one hole.

After I have played my round I really enjoy going back to the reception, grab a cup of coffee, and lie through my teeth when Jim asks me how I got on.

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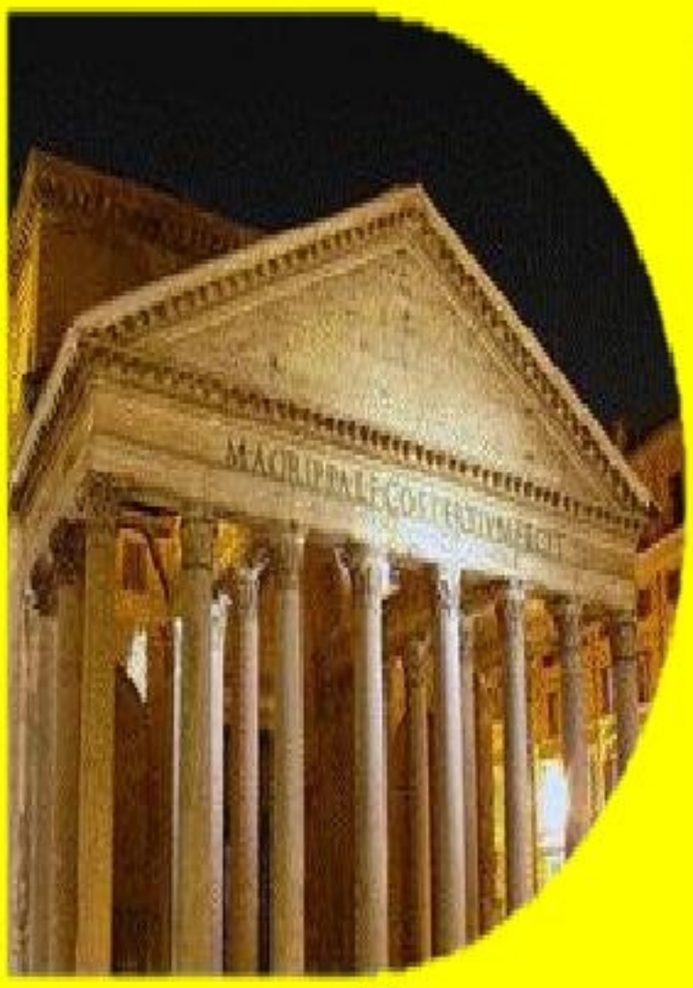

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Jacinta loses an amazing 4 stone 3 pounds with local Weight Watchers programme

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NAME: Jacinta McGuigan LOST: 4 stone 3 pounds

Jacinta says: "I had always carried extra weight, but never anything too major. I had been to Weight Watchers once before; it was a couple of years ago, around the time I got married, but that was it. Then I had my second baby, and it was also my second C-section. I got very sick afterwards with an infection and so apart from all the extra baby pounds I was carrying, I was piling on even more weight.

"I decided that as soon as I got better I would do something about it, so on the 11th of June that year I joined Weight Watchers. My mother had a lot of success with Weight Watchers and a lot of people I know have been there, so I felt it was the right way to go. I was turning 30 that summer so my goal was to lose the weight before my birthday.

"When I first got weighed, I was a stone heavier than I thought I would be - I kept thinking the scales were wrong!. It was a shock, but I was just so excited to finally get going that I got on with it. I soon discovered that it wasn't about dieting, it was just about choices. With Weight Watchers it is about making small changes that add up to weight loss success. I still eat all the same food; I just eat a bit less and I am more aware of what I am eating. For exercise, I took the buggy out and walked up and down our own lane here where we live, and I also did the occasional exercise DVD.

"I loved going to class every week and the programme is brilliant; especially the weekly 49 Bonus Points, because it means you can still have a night out or enjoy a special occasion and still have great weight loss success. I was never hungry once, and I couldn't believe how easily Weight Watchers fitted into my life. There was never one week where I put on weight or even stayed the same; I lost weight each week. I looked forward to every meeting and I was surprised and delighted when I reached my goal before Christmas.

"There have been so many positive changes to my life, I have more confidence, more energy, and I just feel so much happier. People don't realise how extra weight can affect you, but it influences every aspect of your life; how you are in yourself, and how you are with your family and friends. Extra weight can steal your personality away. I know I am a better mother, wife and friend now, because I am happy within myself."

Jacinta's tips for success

- Go to the meeting each week, but most importantly, stay! The meeting is where you will get all the tips, advice and support that you need.
- Record everything you eat and drink with a pen and paper.
- Don't let anyone influence you. Stick to your plan. So many things can knock you off track, but if you want it badly enough, you will succeed.
- I read success stories over and over, sometimes several times, because it helped me to know that there were normal people out there doing it. I knew if other people could lose weight then I could too. I'm hoping that my story will motivate other people with a weight problem to see that it is possible, and you can do it!

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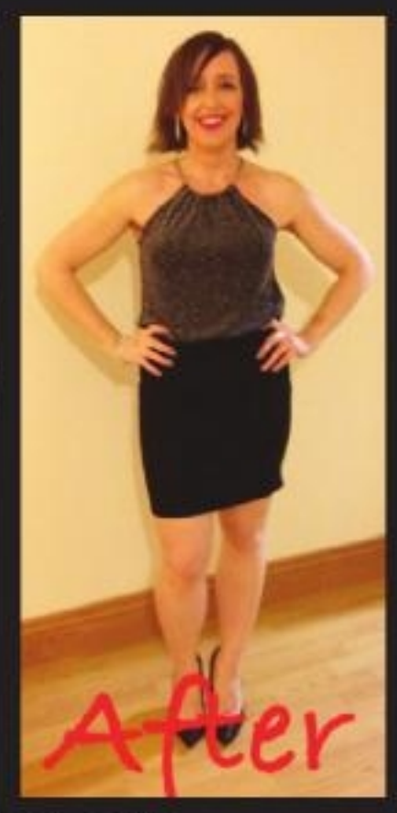
Before

After

Frances and Karen lose 3 stone each with Paul's help!



FRANCES ANDREWS - LOST 3 STONE

"Hi I'm Frances and I joined Paul Coulter Fitness in May 2013 and I haven't looked back. The hardest thing was to actually walk in. But Paul and all the ladies in the class immediately made me feel at ease. The first thing Paul commented on was the fact that I had no confidence and he was right. I started going to Kettlebells Classes, Boxercise, Personal Training which Paul tailored for my individual fitness needs, and then joined Paul's Running Club. Now three stone lighter and feeling much happier and healthier, I can't believe what I have achieved but I honestly would not have done it without Paul and the Pink Ladies!"

KAREN McELROY - LOST 3 STONE

"Hi I'm Karen and I started losing some weight by walking and jogging and when I saw an ad for Paul Coulter's Bootcamp I thought I would give it a go. I have just completed my third Bootcamp and have lost three stone and gone from a size 16 to a size 10! The classes are suitable for all age groups and fitness levels and I would definitely recommend giving it a go - I'm glad I did! Once you step over the door any worries or anxieties about getting into shape leave you as Paul makes your feel at ease and encourages you along the way. I now feel much healthier and confident in myself."

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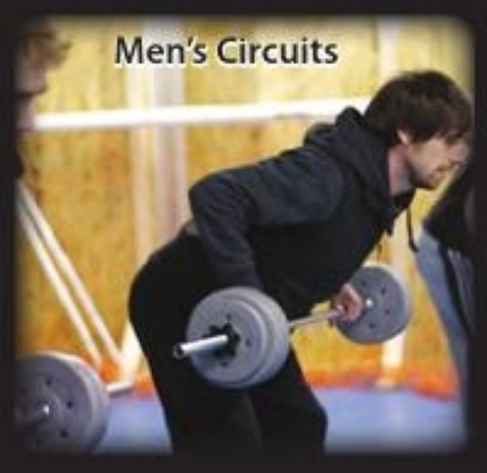

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- 7.15 - 8.15pm: Plus Size
- 8.15 - 9.45pm: Yoga

Tuesday:
- 6.15 - 7.15pm: Men's Circuits
- 7.30 - 8.15pm: Express Kettlebells
- 8.15 - 9.00pm: Beginner's Running Club

Wednesday:
- 6.15 - 7.15pm: Kettlebox

Thursday:
- 6.00 - 7.00pm: Running Club
- 7.15 - 8.15pm: Women's Circuits
- 8.00 - 9.30pm: Yoga
- 8.15 - 9.00pm: Plus Size

Friday:
- 4.00 - 4.45pm: Teen Fitness Class
- 7.00 - 7.45pm: Kettlebells Bodyweight Exercise

Saturday:
- 11.45 - 12.45pm: Kettlebells

The Newry Clinic

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ENDING PHOBIAS!

Phobias are extreme, irrational fears of some situation that for most people would be considered pretty normal. The top ten phobias are fear of flying, heights, enclosed spaces, dogs, injections, crowds, spiders, social situations, failure and of death. And there are many, many more, perhaps up to 500. They can seem amusing to others because they are irrational, but to the sufferer they can be a horrendous cause of anxiety, almost terror. The phobia causes the sufferer to avoid certain situations that will result in panic, and are often in a constant state of "alert", and so limits their lives. It can impact their physical life as well, even resulting in premature aging. Thankfully this, anxiety, panic and premature aging can be halted, for good! Human Givens Psychotherapists have the skills needed to help people dissolve phobias and stop the associated panic . . . for good!

Paul Grant

WHY DO PHOBIAS OCCUR?

Modern brain science tells us that the brain works by "pattern-matching" current experiences against previous ones. For example we "know" what a car is, because our brain has stored pattern in memory of what a car looks like, or what coffee smells like because our memory has stored a pattern-match of its aroma.The first time we are frightened of a particular situation, person, animal etc the brain stores this in memory so it can pattern-match to it in the future. This memory is heavily tagged with the emotions of fear and anxiety. So, when a similar incident happens in the future the brain makes a pattern-match, and in a fraction of a second we are engulfed with the emotions of fear and anxiety! All the sufferer wants to do is escape from the fear. The phobia is now confirmed and will repeat endlessly, until the pattern is broken.

Psychologists have established that when we become highly emotionally aroused with this fear and panic, we literally become stupid and can't think straight. Like the rabbit caught in the headlights of the car, the phobia sufferer, in the midst of their panic cannot think logically about what is going on. As such they cannot change their reaction to the feared situation. They may calm down again, but when the pattern-match is activated again, the vicious circle repeats! Thankfully this circle can be broken by competent Human Givens Psychotherapists.

HOW CAN PHOBIAS BE TREATED?

The psychotherapist uses a very simple painless thinking process known as the "rewind technique." Results are immediate and lasting. This technique detaches the emotion from the faulty stored memory so that the client is no longer afraid and the phobia ends.

If you have a phobia(s) consider making an appointment with Paul Grant who is a Consultant Psychotherapist in Human Givens therapy. Paul runs a private therapy practice from The Newry Clinic, Windsor Hill, off the Belfast Road. Paul works daily with patients who are depressed, anxious, stressed, addicted, angry, suicidal, experiencing relationship difficulties, have phobias or panic attacks.

To make an appointment or talk with Paul, call 077 3973 1424 or 02830441668.

For more information see www.paulgranthgtherapy.com.

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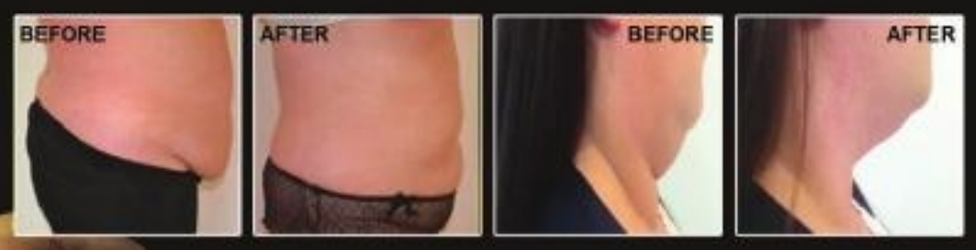

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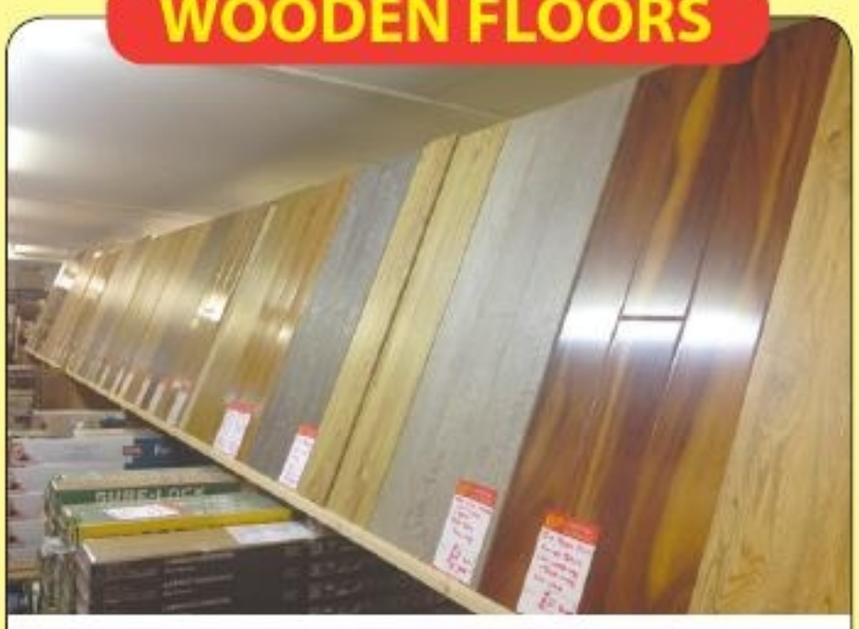

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FOUR PAGE SPECIAL CELEBRATING THE PURPLE FLAG AWARD FOR NEWRY'S NIGHTLIFE

for a better night out

Newry awarded Purple Flag status

for a better night out

January 2014 is going to be a month of celebration for Newry City as it has been confirmed that Newry is Northern Ireland's newest city to be granted Purple Flag status for their successful bid to showcase the development and growth of the evening/night time economy within the City centre.

Purple Flag is an accreditation process for towns and cities that meet or surpass the standards of excellence in the evening and night-time economy. The scheme is managed by the Association of Town & City Management (ATCM) working alongside the Purple Flag Advisory Committee - a partnership of key stakeholders backed by Government, Police and businesses as well as sponsor Diageo Great Britain.

The project was led by Newry & Mourne District Council's Policing & Community Safety Partnership (PCSP) supported by a steering group which was represented by Newry City Centre Management, Newry Chamber of Commerce & Trade, Police Service Northern Ireland, Night Time Economy providers, business community and interested parties.

Newry joins Aberdeen and Dunfermline as newly accredited destinations. They had their new Purple Flag status formally bestowed at an awards ceremony that took place in Liverpool on the 29th November 2013. Accepting the award on Newry's behalf was Councillor Michael Carr Chairman, Heather McKee Partnership Manager and Siobhan Fearon, Support Officer - Policing & Community Safety Partnership. The presentation was made by Baroness Newlove.

Enjoying a meal in Art Bar Funkel Restaurant in Newry City's vibrant Creamery Quarter.

As lead officer Siobhan Fearon stated her delight in Newry's success in securing the Purple Flag accreditation commended the joint effort on a private public and community partnership approach. The overall aim of the project was to showcase Newry City's Creamery and Cathedral Quarters having evolved into a welcoming vibrant destination offering multiple attractions for the widest potential audience, in particular family orientated activities.

Following the assessors visit on Friday 20th September 2013 Newry was particularly commended for their approach to planning and policy. They have implemented a shared data based planning tool which allows all of the different partners in the community including local businesses and the Council to feed into this planning tool and identify opportunities for collaboration.

The City was also commended for having excellent dining options offering many late night venues, with particular reference made to Grounded Cafe working for the good of the community. The major events organised to attract family friendly audiences was also commended along with the display of high levels of co-ordination between multi-agencies and clear leadership in a partnership approach.

Mayor Michael Ruane commented: On behalf of Newry & Mourne District Council I would like to acknowledge and congratulate everyone involved for their hard work, dedication and partnership approach to secure a successful bid. Newry is growing from strength to strength, raising the profile, brand and offering for the people of the greater Newry & Mourne area and visitors alike. What better way to promote Newry in 2014 than promoting a welcoming City that displays an entertaining, diverse, safe and enjoyable destination.

Jack Murphy, Chair of Newry City Centre Management commented: "We are delighted to be awarded Purple Flag status in recognition of our dedicated process of partnership and investment to bring Newry to the vibrant position it enjoys today. We will promote the Purple Flag and use it as a stepping stone to continuously develop our City and enhance the experience of our customers, the residents and visitors who enjoy our night time attractions and culture".

Councillor Michael Carr Chairman, Heather McKee Partnership Manager and Siobhan Fearon Support Officer for PCSP receiving the Purple Flag from Baroness Newlove in Liverpool.

ATCM Chief Executive Martin Blackwell commented: "It is fantastic for the local community and for Northern Ireland to be awarded another Purple Flag. Newry City has worked very hard to provide an outstanding evening economy offering. As a rigorous and very thorough scheme we hope that Northern's Ireland fifth Purple Flag recipient will encourage other towns in Northern Ireland to achieve such standards in the future".

The month of January will see a range of events and activities taking place throughout the City Centre to mark the occasion and promote Newry's Purple Flag status. Businesses will be supplied with a marketing toolkit, which will includes flags, banners, posters/ stickers, certificates, pennants to maximise the benefits of the accreditation.

If you would like to find out more please contact: Newry City Centre Management: Tel: 028 3025 0303 or email: info@newry.com

To find out more information about forthcoming events/ promotions in Newry City please visit: www.newry.com or checkout the Cathedral Quarter and Creamery Quarter Facebook pages or say hello on Twitter: @Hello_Newry

Newry City Awarded
Purple Flag Status
Purple Flag status is an accredited process for towns and cities that meet or surpass standards of excellence in the evening and night time economy.
Come along and say 'HELLO NEWRY' and enjoy the bars, restaurants, entertainment and award winning accommodation in a safe, welcoming environment.
Congratulations Newry!
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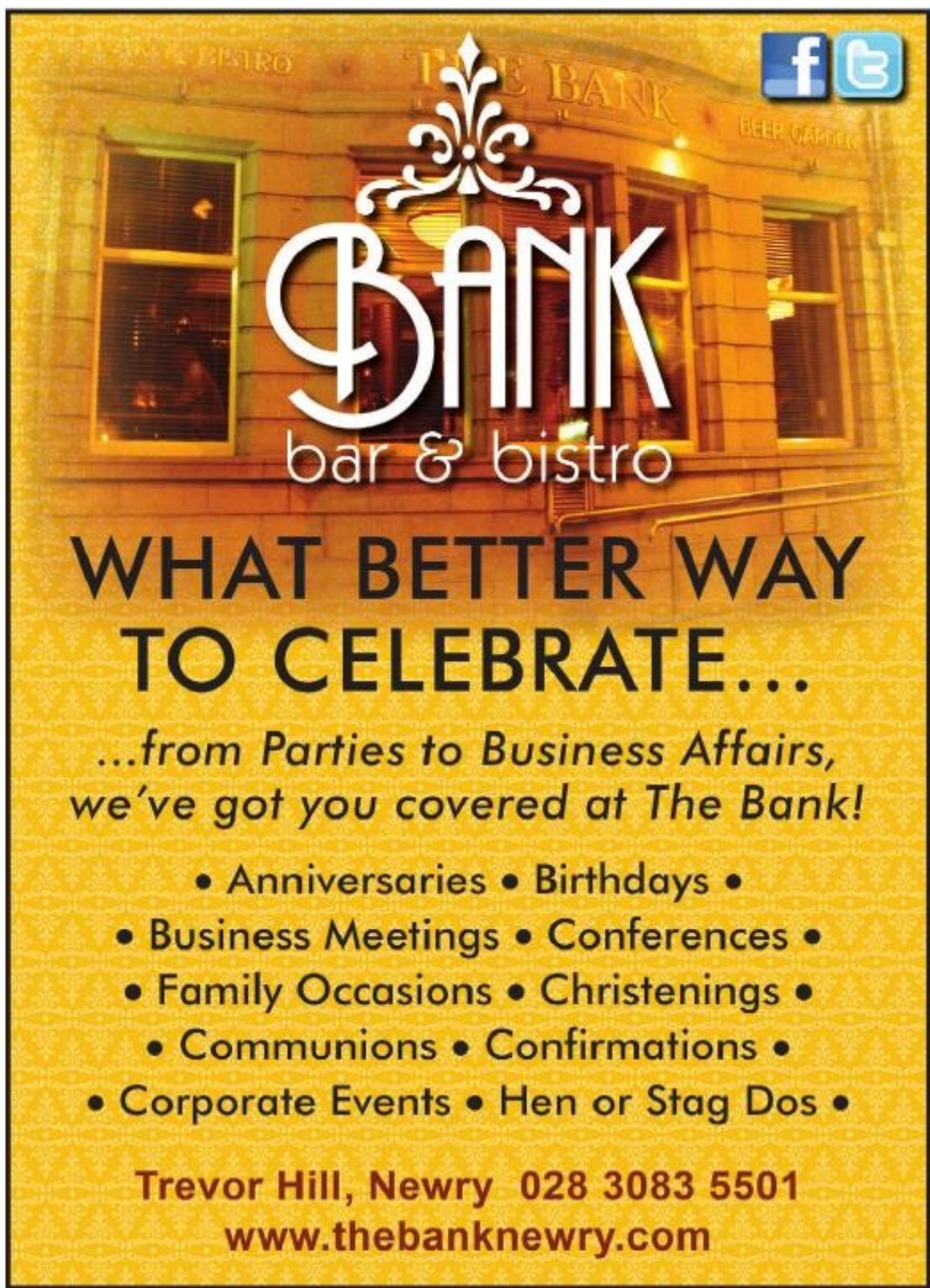
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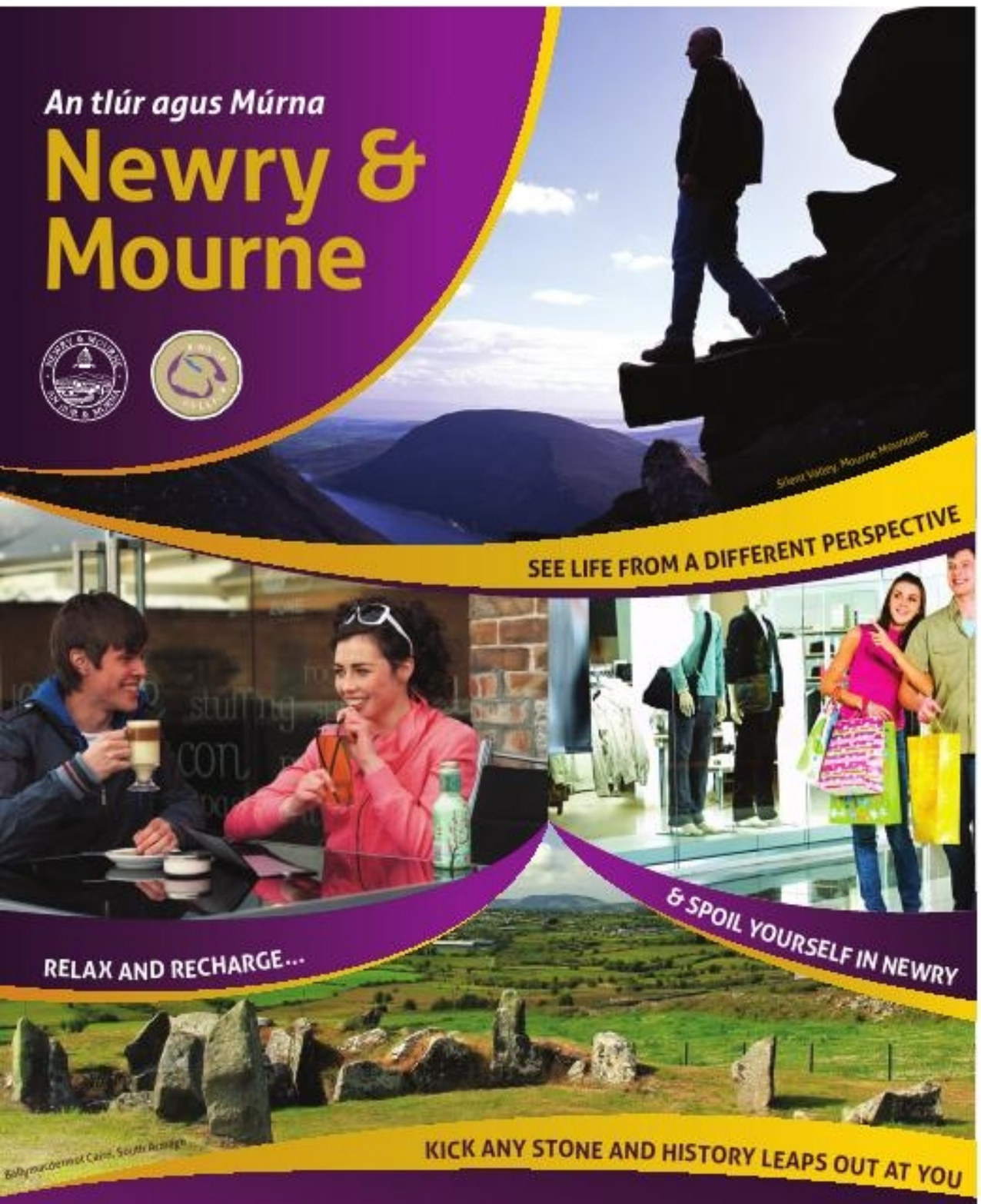
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www.Facebook.com/NewryandMourneTourism
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www.VisitNewryandMourne.com

Slieve Gullion Forest Park offers spectacular walks with magnificent views of the Ring of Gullion.

EXPLORE NEWRY & MOURNE!

When in Newry try a spot of retail therapy, the exciting array of traditional, independent traders and multi-national retailers combine to provide a shopping experience of the very highest standard. Newry also provides excellent opportunities for sports, relaxation and entertainment. The city also has two of the oldest churches in Ireland - the ornate Gothic Cathedral of St. Patrick and St. Colman, and St. Patrick's Church of Ireland - the first Protestant Church to be built in Ireland after the Reformation, just two of the buildings you will come across if you follow Newry Heritage Trail.

Along the County Down coast stop in at Warrenpoint or Cranfield Award-winning Beach. Then onto Kilkeel, where you can see Kilkeel Harbour, which houses Ireland's largest fishing fleet or visit the Mourne Seafood Cookery School & Maritime Visitor Centre. In Kilkeel you will see signs for the Silent Valley Park and Reservoir. This is en route to the huge Ben Crom dam. Other local attractions include Annalong Harbour and Annalong Cornmill & Marine Park, which in the past has been referred to as Ireland's most picturesque cornmill.

To the west of Newry City lies beautiful undulating countryside better known as the The Ring of Gullion, this is an area renowned for its outstanding cultural heritage, Celtic mythology and its numerous prehistoric and early Christian sites. Popular attractions include Derrymore House, Slieve Gullion Forest Park and Adventure Playground, Kilnasaggart Stone, Moyry Castle, Creggan Church and graveyard and Ti Chulainn Cultural Activity Centre.

Throughout the area a wide range of accommodation exists, from hotels to hostels, self-catering to B&B's and guesthouses, caravan to camping - every taste and pocket is catered for.

The entire Newry & Mourne area offers excellent sporting and recreational facilities, and has long enjoyed an excellent reputation for hill climbing, walking, fishing, golfing, cycling and watersports. Many Festivals and events take place throughout the year reflecting the many cultural activities that Newry & Mourne has to offer.

For further information please contact: Newry Visitor Information Centre, Bagenal's Castle, Castle Street, Newry BT34 2DA, Tel: 028 3031 3170, Fax: 028 3031 3172
E-mail: newrytic@newryandmourne.gov.uk
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Picturesque Annalong Harbour in the heart of The Mournes.

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Benefit and Grant Advisory Scheme coming to an end in rural South Down and South Armagh

Since September 2012 South Down Family Health Initiative has been delivering the Maximising Access to Services Grants and Benefits in Rural Areas (MARA) throughout South Down and South Armagh on behalf of the Department of Agriculture and Rural Development (DARD) and the Public Health Agency (PHA).

During that time they have visited over 700 homes helping householder access services, grants and benefits that they are entitled to but may not have known about or how to claim.

Allison Slater, Project Manager, told us "during the last 15 months we have made 1900 referrals to agencies on behalf of householders, this has resulted in some people seeing increases of up £130.00 per week in their benefit entitlement, homes being insulated, grants of up to £1000 for boiler replacements being issued, 300 home safety inspections being completed and 35 people now registered and regularly using Rural Community Transport"

"We have been shocked at how many people are living within South Down and South Armagh who have not been accessing all the support that they are eligible to and as a result have been struggling both financially and emotionally. The project will finish in South Down and South Armagh by March 2014 and I would like to make sure we reach as many people as possible before that date. There are no criteria for a visit, but older people, young families and families where there is a disability are most likely to benefit from a visit. I would encourage anyone who is finding it difficult to heat their home, make ends meet or get out of their home to contact the office and book a visit as soon as possible."

If you live in Annalong, Binnian, Burren & Kilbroney, Camlough, Crossmaglen, Derryleckagh, Donaghmore, Fathom, Forkhill, Lisnacree, Mayobridge, Newtownhamilton, Rostrevor, Silverbridge, Spelga and Tullyhappy and would like to talk to someone about getting help call Allison on 028 4177 4248.

South Down Family Health Initiative

MARA Maximising Access to Services, Grants and Benefits in Rural Areas

Department of Agriculture and Rural Development

HSC Public Health Agency

ARE YOU . . .

- Struggling to heat your home?
- Finding it difficult to make ends meet?
- Struggling to get out and about?
- Feeling isolated but don't know what's available?

The MARA project aims to improve the health and wellbeing of people living in rural Northern Ireland by helping them access local services, grants and benefits.

Since September 2012 we have visited 500 homes across South Down, South Armagh and Craigavon

THESE VISITS HAVE RESULTED IN . . .

- **261 Benefit Entitlement Checks** (some seeing increases of £100 per week)
- **238 Warm Homes Referrals**
- **91 Boiler Replacement Scheme Referrals**
- **96 Rural Community Transport Referrals**
- **287 Home Safety Inspections**
- **28 Smart Pass Applications**
- **79 Referrals to Occupational Therapy**
- **191 Local service referrals**
- **17 Social service referrals** (at householders request)

All you have to do to access this **FREE** service is ring Allison or Anouska

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COURSE	DATES	COST	VENUE	TIME
Circuits GOLD - This 45min exercise class is open to women aged 60+. It is ideal for those who suffer from stiffness and joint pain or have been told to exercise more for health reasons. It starts with complete beginner level.	Beginning Mon 13th January and Wednesday 15th January	£3 per class / £5 per week	St. Mary's Youth Club, Burren	10am - 11am
Rehab lab - This 45 min class of strengthening and mobility exercises is open to men and women who are recovering from post op (e.g. joint replacements) and need to build up their fitness.	Week beginning 13th January	£10 for 4 week course	St. Mary's Gym, Burren	11am-12pm NEW For 2014
Aqua Jogging - Low impact water based exercises suitable for non swimmers. Particularly suitable for those recovering from injury. Free with cost of swim.	Tuesdays Wednesdays	Drop in Drop in	Kilkeel Pool Newry swimming pool	11am
Pre-natal Health & Wellbeing - A new exercise class for pregnant women offering Support and Guidance for appropriate exercise during pregnancy. Call to register.	Beginning Feb 2014	TBA	Warrenpoint & Kilkeel	Daytime NEW For 2014
Hill Walking Club - Beginner hill walks in Kilbroney, preparing for steeper and longer routes in the Mournes.	Saturdays	FREE	Meeting at Kilbroney Cafe Car Park	10am
Walk/Run Club - Men and Woman aged 40+ step your way into fitness at our walking/running club. Guided by professionals from complete beginner level.	Wednesday 8th Jan	FREE	St. Colman's Running Track, Newry	6pm - 7pm
Kettlebell Class - This 45min class is open to men and woman aged 40+. Great for improving fitness and building strength and stamina.	Beginning Jan 2014	£3 per week	St. Mary's Youth Club, Burren	7pm - 8pm NEW For 2014
Women's Circuits - This 1 hour circuit class is open to women. Perfect for those new or returning to exercise.	Thursday 9th Jan	£3 per class / £5 per week	St. Mary's Youth Club, Burren	6pm - 7pm
Chair Yoga - For those suffering from joint pain or poor mobility who feel more comfortable exercising with aid of a chair.	Beginning Jan 2014	£2 per week	Parish Centre, Warrenpoint.	2.30 - 3.15pm
Teen Boxercise - This 1 hour circuit class is open to girls 13-16. It is a non contact social class which helps improve fitness and coordinaton.	Monday 13th January Thursday 16th January	FREE	St.Peters GAA Rooms W'point St. Mary's Youth Club, Burren	5pm - 6pm
Core Strength - This is a great slow paced exercise for men and women hoping to improve strength and flexibility. Suitable for those suffering or recovering from back pain.	Monday 13th January	£3 per class / £5 per week	Community Hall, Burren	6pm - 7pm
Men's Circuits - This 1 hour circuit class is open to men aged 40+. Suitable for beginners and improvers and kept to your own pace.	Beginning Mon 6th Jan and Thursday 9th Jan	£3 per class / £5 per week	St. Mary's Youth Club, Burren	7pm - 8pm

COURSE	DATES	COST	VENUE	TIME
FAB (Finances and Benefits) - Free work-shop delivered by Citzens Advice Bureau. Topics covered will include introducing the new benefit system, budgeting and saving, credit and debt management.	Beginning Friday Jan 24th - 7th February 2014	FREE	SDFHI 4 Great George's St, Warrenpoint	10am -12noon NEW For 2014
Beginner Computer Course - 3x8 week courses for those new to computers and who want to learn the basics. Places limited so contact early to avoid disappointment.	**Monday evening class** begins 27th Jan 2014 **Tuesday morning class** begins 28th January **Tuesday evening class** begins 28th January 2014	£30 for 8 week course	SDFHI 4 Great George's St, Warrenpoint	7pm-9pm 9.30am-11.30am 7pm-9pm
Knot Just Knitting - A new class for knitters and crocheters of all abilities. Pick up handy hints and share tips with others.	Mondays beginning 27th January 2014	£3 per week	SDFHI 4 Great George's St, Warrenpoint	7pm -8.30pm NEW For 2014
Hands on Holistic Health A course for adults interested in health and well-being in a natural way	Begins Friday 14th February - 14th April 2014	£40	SDFHI 4 Great George's St, Warrenpoint	10am -12noon NEW For 2014
Acting On It - A brand new programme for adults who are interested in amateur drama, musical theatre and productions	Beginning Thursday 6th February 2014	£3 per week	SDFHI 4 Great George's St, Warrenpoint	7pm-9pm NEW For 2014
SMILE @ The Comfort Zone - Computers, exercise, walking and more!	Beginning Wednesday 8th January 2014	£2 per week	SDFHI 4 Great George's St, Warrenpoint	7pm-9.30pm
Child Protection Course (Basic) - Relevant for any one volunteering / working with children and young people	Beginning Wednesday 8th - 29th January	FREE	SDFHI 4 Great George's St, Warrenpoint	10am - 1pm
Homework Club for newcomer families who do not have english as their first language	Begins Wednesdays 8th January & Thursday 9th January 2014	FREE	SDFHI 4 Great George's St, Warrenpoint	3.30pm-5.30pm
TATI (Talking to Children about Tough Issues) - A four week programme for parents, carers or anyone working or volunteering with children. Topics covered include internet safety, communicaton, risky behaviours and confidence building.	Beginning Wednesdays 5th February - 26th February 2014	FREE	SDFHI 4 Great George's St, Warrenpoint	7pm-9pm NEW For 2014
Crafy Hands - NEW 6 week course aimed at adults. No experience necessary and all materials provided. **More on front**	Beginning Monday 27th January 2014	£40	SDFHI 4 Great George's St, Warrenpoint	10am-12noon NEW For 2014

*Please note that all course fees can be paid in full at commencement of course or in 2 equal instalments.

All places must be booked in advance.

For further information on any of the courses or activities Telephone: 028 4177 4248 to register, or e-mail us on info@southdownhealthinitiative.com

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Michael Killeen Managing Director of HSS Hire Ireland, Scotland and the Laois Hire Group states, 'We pride ourselves on providing an efficient, expert service. Our fleet of over 1000 reliable diesel generators are fully backed up by the best technical engineers in the business and a dedicated service team. Not only that but we offer a complete nationwide service not just generator hire from site survey, supply, installation, 24/7 support and all ancillary equipment.'

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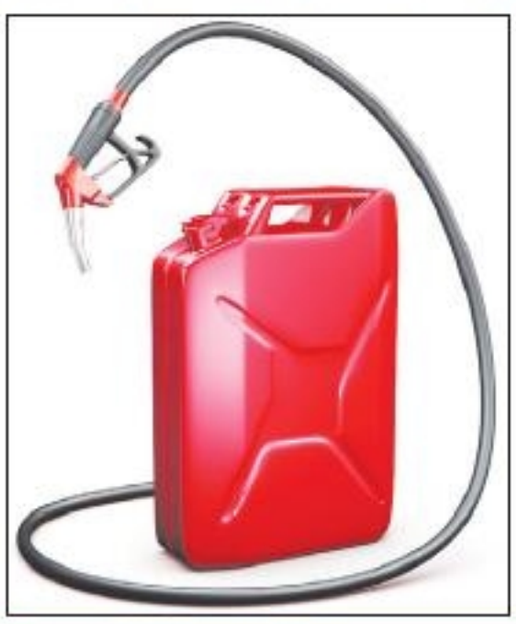

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Attractive pricing fuels Qashqai excitement

Excitement levels are building at a Newry car dealership after Nissan revealed prices for the much-anticipated new Nissan Qashqai.

The stunning British designed and built model, which has already received rave reviews in the motoring media, is set to arrive in Kehoe Kars' Old Warrenpoint Road showroom in January.

And the dealership expects already sky-high interest in the new model to soar after Nissan confirmed the new model would be priced from just £17,595.

John Kehoe of Kehoe Kars said: "The original Qashqai invented the crossover sector and its successor will completely redefine it.

"The new Qashqai will set new standards for technology, comfort and practicality, has a premium quality feel and boasts some of the most advanced features on the market.

"So for the price to be set at such an affordable level, where it remains accessible to buyers considering a conventional hatchback or crossover, is incredible."

Available in four now familiar Nissan trim levels – Visia, Acenta, Acenta Premium and Tekna – there will be a model in the new Qashqai line-up to suit every taste and budget.

Even the entry level Visia models – priced from £17,595 RRP – is surprisingly well equipped, featuring automatic air conditioning, Hill Start Assist, a five-inch colour HD infotainment screen, Chassis Control, TPMS (Tyre Pressure Monitoring System) and Speed Limiter/Cruise Control all fitted as standard.

Acenta models continue the generous theme with a further list of premium features fitted as standard. Priced from £19,145, these include dual-zone automatic air conditioning, premium leather steering wheel and gear knob, 17-inch alloy wheels and a Luggage Board System. Safety equipment includes front fog lamps, auto headlamps and rain-sensing wipers.

Both the Visia and Acenta models come with the option of a Smart Vision Pack (£450) that adds Nissan's advanced Safety Shield system among other driver aids. Designed to enhance the safety of occupants, the pack incorporates Front Collision Avoidance and Traffic Sign Recognition.

Acenta Premium models start from £20,995 and feature a raft of comfort and safety technologies. These include new-generation NissanConnect infotainment system with DAB radio. A rear view camera is also fitted as standard, along with i-key Start Push Button, parking sensors and a panoramic glass roof. Safety features include Front Collision Avoidance, High Beam Assist and Lane Departure Warning.

Range-topping Tekna models – which start from £23,145 – feature an array of new-to-sector technologies that further highlight Nissan's lead in the crossover market. For safety, Tekna models benefit from Bi-LED headlamps, Safety Shield with Traffic Signal Recognition and High Beam Assist.

Tekna models also excel when it comes to design and technology features. All models are equipped with 19-inch alloy wheels, roof rails, part-leather seats, a large glass roof, heated seats, front and rear parking sensors and Intelligent key with engine start button. The latest-generation NissanConnect system is also standard, including a seven-inch touchscreen display, DAB digital radio, Around View Monitor and smartphone connectivity.

Under the bonnet meanwhile, a range of supremely efficient and refined petrol and diesel engines allows the new Qashqai to exceed the expectations of drivers no matter which powertrain is chosen – with emissions as low as 99g/km and an EU combined fuel consumption figure of up to 74.3mpg.

For more information about the new Nissan Qashqai or to book a test drive, call KEHOE KARS now on 028 3026 1036 or visit the showroom at 29 Old Warrenpoint Road, Newry.

The New Dacia Range from £5,995*

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Dacia Sandero = from **£5,995***

Dacia Logan MCV = from **£6,995***

Dacia Sandero Stepway = from **£8,395***

Dacia Duster = from **£9,495***

Sandero shown is Lauréate 1.2 16V 75 from £7,995. Logan MCV shown is a Lauréate 1.2 16V 75 from £8,995. Duster shown is Lauréate dCi 110 4x2 from £13,495.

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The official fuel consumption figures in mpg (l/100km) for the Dacia range are: Urban 27.2 (10.4)-65.7 (4.3); Extra Urban 40.3 (7)-80.7 (3.5); Combined 35.3 (8)-74.3 (3.8). The official CO_2 emissions for the range are 185-99g/km. EU Directive and Regulation 692/2008 test environment figures. Fuel consumption and CO_2 may vary according to driving styles, road conditions and other factors.

*Prices shown include delivery to dealer, number plates, 20% VAT, 12-month Government road fund licence and £55 first registration fee. Prices shown are Manufacturer's Recommended Retail Prices, which apply to new Dacia vehicles when ordered by 31 March 2014. Metallic paint available at an additional £495.

NEW PEUGEOT 308 AND THE 'EMP2' CHASSIS: A FOUNDATION FOR INNOVATION AND QUALITY

- The New 308 is a dynamic tour-de-force, made possible by its outstanding 'EMP 2' chassis
- Design strength makes it possible to be much lighter, thus more efficient
- Production techniques and build-quality enable size optimisation and future design adaptability

View the New Peugeot 308 from any angle, inside or out, and its pure and contemporary styling is impossible to avoid. But almost every aspect of the hatchback's audacious design - as well as its compact dimensions, class-leading environmental credentials, innovative PEUGEOT i-Cockpit cabin layout and dynamic drive - can be traced back to one thing.

That vital component is the chassis on which the New 308 is built, the utilisation of its innovative 'Efficient Modular Platform 2' (EMP2). It's the first new Peugeot to benefit from this advanced architecture, a number of designs of which were part of a staggering 116 patented technologies, as were the composite tailgate and rear-floor section panel.

The impact of the EMP2 is most obvious on the overall dimensions of the New Peugeot 308. At 4.25 metres from bumper to bumper, it's 3cm shorter than the outgoing model. Yet the front overhang has been reduced by a massive 6.3cm, creating a 'wheel in each corner' profile and more usable space for front seat occupants and their luggage.

At 420 litres with the rear seats up, the boot of the New 308 is the largest in the segment. In addition, the maximum and minimum adjustability of the driver's seat has been increased, yet space for rear passengers has been maintained at previous levels. Far from being an impossible magic trick, it's all due to the innovative EMP2 chassis.

The platform has also been engineered so the New 308 can be a lower and wider vehicle than ever before. The car's roofline is 40mm closer to the ground than on the predecessor model, and with an increase in track width the centre of gravity is 2mm lower.

The EMP2 chassis has been designed to better accommodate many of the car's bolt-on components. For example, the right-hand drive pedal box is now a perfect replica of the left-hand drive layout. That's because the air-conditioning unit behind the dashboard has been repositioned to a more central location when compared with the previous generation car. Such an improvement has only been possible because of the attention to detail which has gone into creating the EMP2 architecture.

One of the features which make the New 308 so desirable is its striking and contemporary PEUGEOT i-Cockpit premium interior. Driver-focused like nothing else in the segment, it offers one of the most technically advanced touch-screen infotainment systems on any new car. The EMP2 platform provides the underpinnings on which everything else is built.

For the future owner of the New 308, the benefits of the EMP2 chassis are obvious. Due to advanced materials and state-of-the-art manufacturing processes - including flexible rolling, hot stamping and laser welding - the car is on average 140kg lighter than the outgoing model.

Coupled with advanced engines and powertrains, the result is segment-leading environmental performance. Depending on the model selected, fuel economy is as high as 91.1mpg with CO2 emissions as low as 82g/km.

The New Peugeot 308 is also an exceptional car to drive, a superbly comfortable place to spend time, and is packed with sophisticated safety and convenience technology. And it's all because of Peugeot's EMP2 chassis underpinning the strength of the car.

Needless to say, there is no doubt it will become the foundation for numerous future Peugeot models, each able to offer exceptional eco-motoring, premium features, a sophisticated interior and outstanding handling.

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The official fuel consumption in mpg (l/100km) and CO_2 emissions (g/km) for the 308 range are: Urban 35.7 – 67.3 (7.9 – 4.2), Extra Urban 61.4 – 85.6 (4.6 – 3.3), Combined 48.7 – 78.5 (5.8 – 3.6) and CO_2 134 – 95. MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only, and may not reflect actual on-the-road driving conditions.

* On the Road prices quoted include delivery to dealership, number plates, 12 months' Government Vehicle Excise Duty and £55 Government First Registration Fee. Model shown 2008 Feline 1.6 VTi £17,650.

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NEW DEVELOPMENT SEES N.W. KEHOE MOVE TO NEW SITE BESIDE KEHOE KARS

N.W. Kehoe and Sons have announced a new £1.5 million development at 18 Patrick Street after 30 years in the car business at this address.

The move will see Kehoes work in partnership with the Henderson Group in the development of Spar shop on the site. This new development will entail a new purpose built Spar Shop with ample parking facilities and a 24-hour ATM machine. This exciting joint venture will create over 30 new local jobs and the development itself will add to the continuing progression of Patrick Street and the overall Ballybot area.

N.W. Kehoe & Sons existing New & Used car Business will continue to operate from a new site on the Old Warrenpoint Road alongside sister company Kehoe Kars Ltd. (Nissan & Ssangyong). N.W. Kehoe hope to continue to service all your motoring needs with a new purpose built workshop with the latest diagnostic equipment and pride themselves on doing the jobs nobody else wants to do.

The Service department are happy to provide a quote for any job no matter how large or small for all makes and models. N.W. Kehoe will begin to trade from our new address on 06th January 2014. All our contact details will remain the same and customers can follow our progress on our new website due to be launched in the New Year www.nwkehoe.com

The Kehoe family have been celebrating 50 years in the Motor Trade this year. It was started by Noel Kehoe in 1963 and continued on by his 3 sons Liam, Peter and John. Started in Edward Street, Newry, the business moved in 1977 to Patrick Street where there was already in existence an Esso service station.

Kehoes were also awarded the franchise for Polski Fiat and a few years later the franchise for Daihatsu. It was run there until 1982 when due to redevelopment in the area we moved across the street to the Old Labour Club which was purchased and the Fiat franchise was obtained. At the same time a new petrol station was erected and the franchise for Burmah fuel obtained.

The service station ran until 1997 until it was closed due to cheaper fuel available in Southern Ireland.

An artist's impression of the new £1.5 million retail development at 18 Patrick Street, Newry, the home of N.W. Kehoe since 1977. N.W. Kehoe has now relocated to 29 Old Warrenpoint Road beside Kehoe Kars.

In 1992 the premises at 29 Old Warrenpoint Road were purchased and the Nissan franchise awarded. This was ideal as the Datsun - Nissan agency had already been there. John Kehoe and Noel Kehoe moved to the Warrenpoint Road premises and ran Kehoe Kars until Noel passed away in 1999.

Peter and Liam Kehoe ran the Patrick Street business. In 1999 Liam and Peter took over Noel's share in Warrenpoint Road and Liam moved to take up the post of general manager. Kehoe's finished with the Fiat franchise in Jan 2009 and Peter continued to retail new and used cars from Patrick Street site.

New era for long established dealer

Discussing the move, Mr. Peter Kehoe said: "We would like to take this opportunity to thank all our past and present customers for their continued support and hope to continue providing first class customer service from our new location.

"Finally The Kehoe Family would like to thank the people and businesses of Patrick Street and the greater Ballybot area for their support for over 35 years in the community."

N.W. KEHOE & SONS

RELOCATING TO
OLD WARRENPOINT ROAD, NEWRY

We would like to take this opportunity to thank all our past and present customers for their continued support and hope to continue providing first class customer service from our new location. Finally the Kehoe family would like to thank the people and businesses of Patrick Street and the greater Ballybot area for their support for over 35 years in the community.

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Fuel consumption figures for Civic 1.6 i-DTEC SE in mpg (l/100km): Urban 32.5 - 70.6 (8.7 - 4.0), Extra Urban 54.3 - 85.6 (5.2 - 3.3), Combined 44.1 - 78.5 (6.4 - 3.6). CO2 emissions: 150 - 94g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience. Fuel consumption figures for CR-V 1.6 i-DTEC Range in mpg (l/100km): Urban 56.5 - 58.9 (5.0 - 4.8), Extra Urban 62.8 - 65.7 (4.5 - 4.3), Combined 60.1 - 62.8 (4.7 - 4.5). CO_2 emissions: 124 - 119g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience.

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